

Hats Off, and Army Hats at That, to Dehydrated Vegetables

By Anne Lewis Pierce, Director Tribune Institute

Six Points on Dehydrated Foods for the Clever Camper and Thoughtful Housekeeper

There is more in a name than many think—changing from a four-syllabled word, "dried," to a one-syllabled word, "dehydrated," is not merely a matter of style—it means something. The old products were dried too much and too long, under no control, and under methods not particularly cleanly. The tissues that held the water (and succulent vegetables are 85 to 95 per cent water, solid as they seem) were crisped, too—and when soaked could not "come back" perfectly. Everything was dried up.

Now the cleanly factory methods employed, no exposure to dust and insects, low heat applied in a constantly moving current of air, carrying off the moisture, give a dryer product than before, but the delicate tissues are uninjured, and when put in water they refreshen, like the Japanese paper flowers.

Do not look backward and crystallize in your old notions of dried foods. Give the new dehydrated products (i. e., only water removed) a chance before you dismiss the subject.

Here are some of the advantages they offer to any one, as a reserve force on any pantry shelf, and to the camper, kitchenette and bungalow dweller they are invaluable.

1. Availability—They stand always ready on the shelf and may be used in any quantity; a box opened does not need to be used up—you use out of it at your leisure.

2. No Work of Preparation—These products do not even call for presoaking. You put them on and simmer slowly for half or three-quarters of an hour and they refreshen as they cook. Vegetables are used much less than they would be but for the labor of preparing large amounts which shrink so greatly in cooking. Washing spinach, scraping carrots, stringing beans, peeling potatoes are very tiresome jobs—especially for any number of persons.

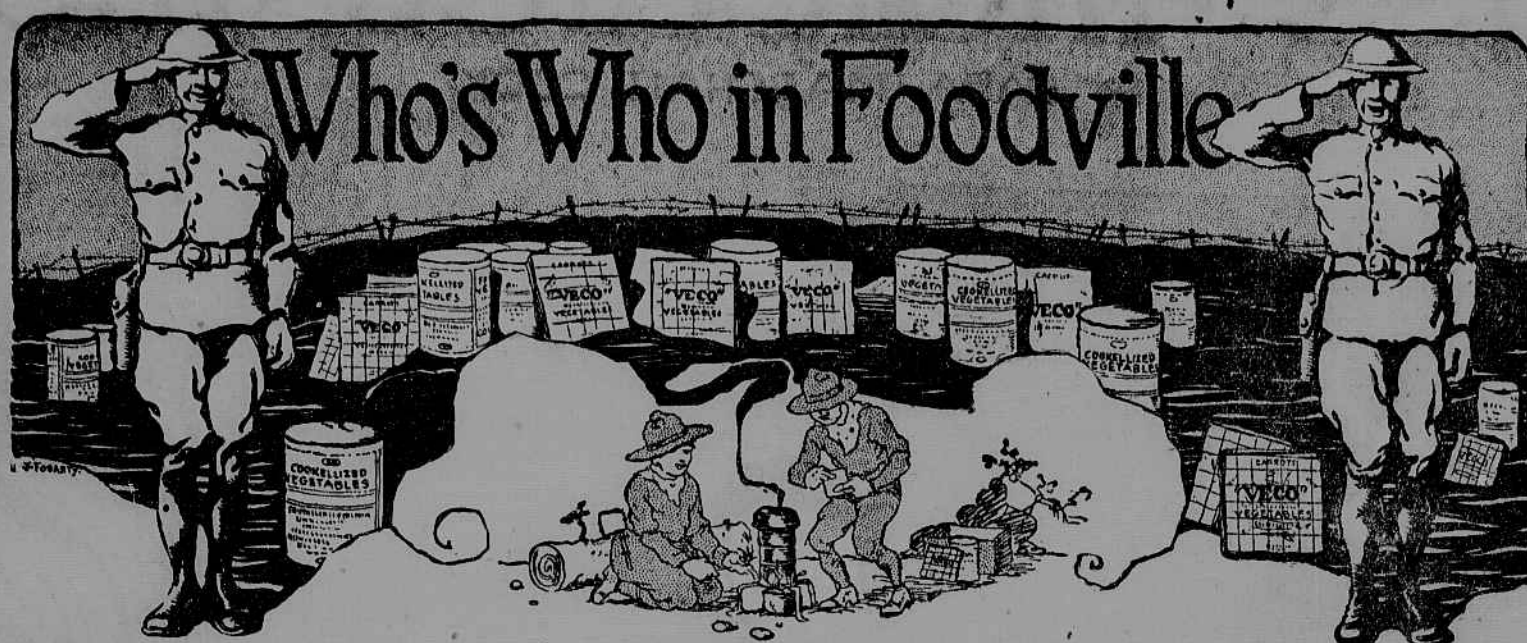
3. No Garbage—Any housekeeper, large or small, knows what it means to reduce the size of the garbage pail, especially in hot weather. Every one knows what the by-products of corn, squash, potatoes and fruits amount to. Figures show that apples are one-quarter waste in peeling and coring; potatoes, 20 per cent; corn, 61 per cent; carrots, 20 per cent; cabbage, 15 per cent and so on. As for the kitchenette, these boxes on the shelf mean the difference between vegetables and no vegetables.

4. Counting the Cost—Remember that besides convenience you are actually getting more for your money when nearly all the water and all of the waste are squeezed out of your purchase.

5. Compact and Light and Unbreakable Package for Storage and Transportation—The compressed Veco holds food for four persons in a tile shaped package 4.5 inches square by one-half inch thick. The bulk vegetables, while equally light, take a little more space and "come back" in large pieces, a little more like the fresh, and better adapted to use as salads or to be served "plain so," while the others are excellent in soups, casseroles, stews, etc.

For the camp, the pedestrian, the houseboat, the canoe, the sportsman, scouts (male and female), the isolated summer home and the small/middle class apartment high quality dehydrated vegetables are the answer to a big sector of the food problem.

6. A Food Saver—It is estimated that 60 per cent of our vegetable crop goes to waste. As a factor in the solution of the agricultural and transportation problems, both so acute, the growth of the dehydrated food industry is worth every food buyer's intelligent interest.



Lively Correspondence on Rations With an Ex-Service Man; A War Hang-Over on Foods Is Almost as Bad as Shell Shock

An Anguished Protest

Director Tribune Institute.
Dear Madam: Some kind friend sent me your article published in The New York Tribune of Sunday, March 13, on "Dehydrated Fruits and Vegetables."

The vivid description of tempting dishes prepared from dehydrated products was too much—I just have to write you. I do not mean to impugn your motive in painting such an alluring picture for the Maidless Housekeeper, but as the husband of one of these, I wish to enter my protest.

The advertising propaganda of those who peddle dehydrated fruits and vegetables to the public may fool the mind, but the products themselves will never fool the palate. I "existed" on dehydrated vegetables for some time in Uncle Sam's army, when real food was not available, and I can say truthfully that I almost envied the horses their oats.

Dehydration is supposed to take the water out of the apples, peaches, carrots, etc., but I can testify that it also takes out almost everything else that permits the victims of the process to be classified as foods.

Nature is wonderful, but if she could recognize those dehydrated remnants as her luscious fruits I believe that she is even more wonderful than any one has ever imagined.
J. D. C.
New York, March 28, 1921.

The Retort Institutional

Dear Mr. C.: The Tribune Institute reports are not based on the advertising propaganda of any food manufacturer. We have one of the best chemists in the country, who analyzes these foods. We have a well equipped kitchen, with an experienced domestic scientist, where we cook and eat them.

The undersigned has been for twenty years in food work, most of the time with the government, has eaten all around the world, and makes a specialty of knowing good food when she meets it!

The dehydrated foods that have been furnished you in the army and poorly cooked have nothing to do with the very unusual products that are being produced now and properly prepared.

I can show you dehydrated foods, the color bright and odor fresh to an amazing degree. When properly cooked I defy any layman and most epicures to distinguish them from the average fresh.

No manipulated food is as good as fresh, everything else being equal. I would not choose to live on them all of the time, but they represent a most convenient and delicious product and are admirable for campers and kitchenettes, and for those who are short on servants and money and long on appetite and outside interests. They often exceed in quality the average market "fresh" product.

Seriously, the new process takes out water slowly, and at

low temperature, leaving the cellular tissues uninjured. This enables the vegetable to "come back" with a maximum effect.

This work is being done in The Tribune Institute four-square with all the intelligence and integrity we can muster, and I would be delighted to have you walk across the park some day to Room 513, Tribune Building, and let us prove it to you. Yours cordially,

ANNE L. PIERCE,
Director Tribune Institute.
March 30, 1921.

The Acceptance

Dear Miss Pierce: It certainly was good to receive your cheering letter and to know that all of these dehydrated foods are not as bad as those which were handed out in the army. I should have blamed it on the army cook in the first place, I suppose.

Nothing will ever erase the memories of the dehydrated vegetables which were served out to us in the Meuse-Argonne, but at least the bitterness will be taken out of those memories if I know the fault was not inherent in the food itself.

J. D. C.
New York, April 2, 1921.

The following menu was served to two ex-service men in the Institute kitchen at luncheon, everything but the chops and the bread and the coffee being dehydrated, and we might have had instantaneous coffee, condensed or dried cream, and "instant" corned beef hash—had we

been put to it to make the menu entirely of dried foods—but it was the dehydrated vegetables that were under fire, and "corned willy" seemed too heavily handicapped by war memories.

Menu
Vegetable Soup (bouillon cubes and Veco soup mixture)
Chops, Mashed Potatoes (Cookellized)
String Beans (Veco)
Cranberry Sauce (Cookellized)
Cold Vegetable Salad with Lettuce and Mayonnaise (Cookellized mixed vegetables)
Pumpkin Pie with Meringue (Cookellized)
Coffee

After Taking

Dear Miss Pierce: You employed a very convincing method to convert me to the side of the dehydrated vegetables and fruits. The luncheon on Friday was certainly most delicious, and a tribute not only to those who prepared it, but I must confess also to the raw materials which went into the making of it.

It really is a victory when foods can be so preserved that they may be kept for indefinite periods, and then when cooked will have all the freshness and nutriment that they originally possessed.

I must admit that I was a doubting Thomas before my visit to your laboratory, but that luncheon convinced me that one more indictment must be brought against the army cook and that dehydrated products are exonerated. J. D. C.
New York, April 12, 1921.

How the Institute "Carries On" and "Follows Through" When a Food Is Attacked

if the water is drained off! This product was almost bone dry (1.3 per cent of water)—another reason for legitimate higher cost. In our opinion it would be better to add less water—about six cupfuls instead of eight—for this reason, and cook covered for about one hour; then uncover and cook for ten or twenty minutes, allowing surplus water to evaporate, adding the milk and butter at this point. These are good enough for salad purposes, and were evidently very young, tender, small beans, exceeding in these particulars many of the fresh beans as brought to our markets.

Carrots and Onions

Veco carrots and onions, also in tile shaped packages—ready for soups and stews with no labor or undue odor—all for 15 cents for enough to serve five persons! These products take up six to seven times their weight of water (containing only 15 per cent of water as sold); they take forty minutes to cook and are mild but sweet and fresh in flavor. Like all of this brand they are chopped rather fine, owing to the compressed shape, and would be especially suitable to serve creamed or au gratin. The excellent paper wrappings of these products are also worthy of note, an inside paraffined paper being covered again by a neat blue and white glossy paper of typical Dutch tile design.

Note again that 55 per cent of the food value in the carrots and 66 per cent of the onions can be thrown away in the drained water, so either use this for soup or thicken it and serve as a sauce, or carefully regulate cooking and water so added that it is nearly absorbed or evaporated when the vegetable is done. Six cupfuls of water was absorbed by two ounces of the dried carrots.

The lime in the carrot is a valuable food element and 0.4 per cent was found in this package, just about the proportion that would be expected, as compared with the fresh carrot containing 88 per cent of water.

Speaking of color, the Dutch

Veco products in their compressed form look like brightly hued Dutch tile. Both color and odor are condensed, strengthened, not lost or diminished, and there is no artificial preserving or sulphuring. The bulk vegetables—carrots, spinach and mixed soup vegetables of both kinds—are equally vivid and fresh in color.

Pumpkin and Sweet Potato Pie Always in Season

The Cookellized sweet potato meal is an interesting product and it makes a delicious pie. There was only 8 per cent of water in this meal (the original potato probably had at least 69 per cent), 4 per cent of protein and nearly 19 per cent of sugar. There were no foreign starches—it was all sweet potato. Three-quarters of a pound cost only 30 cents. One-third of the package, or 10 cents worth, absorbed two cupfuls of water when cooked thirty-five minutes in a double boiler. A raw starch taste still persisted, so it was cooked over the direct flame for fifteen minutes longer. A very delicious saucer pie and two tartlets resulted when the recipe given with the package was followed, milk, egg, sugar and spices being added as usual.

The sugar pumpkin deserved its name and also made excellent pie, as it was 45 per cent sugars, 9 per cent protein, and only 16 per cent water. It took up eleven times its weight of water when cooked. "How Dry I Am" should be the slogan of these products. The potato, by the way, was even drier, having only 10 per cent of water and taking up 4.5 its own weight (note that fresh potato is 63 per cent water and pumpkin 93 per cent, so the claim that these vegetables "come back" is literally true).

The directions accompanying both of these brands are more carefully worked out than usual and can be closely followed, except that sometimes the amount of water used is rather large unless its waste can be avoided.

The Cook and the Chemist Discuss Definite Brands and What to Do With Them

The outstanding point about the Cookellized and Veco brands is that they call for no soaking. The main point for the cook to determine is just the right amount of water to be added, for you do not want to drain off cooking water and lose soluble food elements, and, on the other hand, you must have enough water or the dehydrated foods will not be as tender and as perfectly refreshed as they might be and may burn. The danger of throwing away food elements in surplus drained water has often been pointed out in regard to fresh vegetables, but is probably even more important here.

Nearly all want to be put off in boiling water; the cranberries and the corn are exceptions; they cook up better in cold water and refresh more perfectly.

Cranberries Always on Tap
Cost per portion is another interesting thing to work out. When you pay 35 cents for 2.5 ounces (2.5 cupfuls) of cranberries it seems rather high. But wait a minute. In

(Tested and endorsed by The Tribune Institute)

raw cranberries as bought you pay for 89 per cent of water; in the Cookellized there is only 11 per cent of water; you are getting eight times as much for your money of substance, and two ounces when cooked; make enough thick, well flavored jelly to serve six people, at a cost of about five cents a portion; and you have it any time of year, sitting on the shelf, ready to be converted into jelly, sauce, cranberry and raisin pie or tarts.

We added two cups of cold water to one of dried cranberries for jelly (three cupfuls for sauce), boiled gently for thirty-five minutes, rubbed through a sieve, returned the juice to the stove with three-quarters of a cupful of sugar and boiled eight to ten minutes without stirring. The one cupful of sugar recommended made the jelly too sweet, in our opinion. Result, three large portions of bright-colored, well flavored jelly.

In these concentrated berries there is 18 per cent of acidity and the same amount of sugars and nearly 60 per cent of the whole is soluble in water—so you see that the water

they are cooked in does not want to be thrown away.

Vegetables for Soup or Salad

The Cookellized vegetables contained turnip, carrot, onion, cabbage and parsley—and they were well blended. Too often turnip and cabbage will kill out other flavors in a mixture, but not this time.

We used to consider that a dried vegetable or fruit reduced to 15 per cent moisture was ideal, and few attained it. Legally, fruits are permitted 24 per cent of water. This mixture—one of the highest in moisture—has only 14 per cent of water and 9 per cent of protein. They not only were good in soup

but when thoroughly chilled and molded, mixed with tarragon vinegar and served on lettuce with a French dressing they made as good a vegetable salad as one would want. (Remember, this is not general enthusiasm. We did it and ate it and found it good!)

As to price and how far they go:

The three ounces for 35 cents (three cups) were cooked without soaking for thirty-five minutes in 3.5 quarts (fourteen cups of water) and yielded fourteen plates of strong soup. A little more water could be added. Stock, of course, is needed, which may be supplied by beef extract or bouillon cubes (in the latter case use

no salt). Presto!—an excellent julienne soup.

The Veco vegetables were treated in the same way and were excellent in soup, but are chopped too fine for salad purposes.

Either brand may equally well be used, after cooking, in stews or casseroles, being added when the meat is half done.

String Beans, Minus the Strings
There were three different lots of string beans examined, the Veco brand coming both in bulk and in a compressed tablet. These had 10 per cent water and were 30 per cent soluble; therefore, add just enough water to refresh them so that you will not throw away the food value

in the juice drained off. They take up about seven times their weight of water, cooking for forty-five minutes. The compressed beans, while cut in rather small pieces, were good in flavor and color, and cost much less—about one-third as much as the other brand.

The Cookellized product, while more expensive, still served three small portions for 20 cents, and was most delicate and tender as well as stringless. If the eight cups of water are added to one of beans, as directed, there will be about three cups left unabsorbed, part of which should be thickened with flour and butter and used, as 47 per cent is soluble in this case. Think of it!—nearly half of the food thrown away

What Food Laws Do for You, as Pennsylvania Sees It; A Food May Be Adulterated And Fraudulent Though Harmless

EVERY food law on the statute books of Pennsylvania was enacted for the specific purpose of protecting the consuming public from fraud. For that reason all adulteration is prohibited. Not only are injurious substances banned, but likewise other adulterants, harmless in themselves, but certain to diminish the food value of the product in which they are used.

There is no harm in water; but when water is worked into butter in excess of the normal quantity and for the purpose of increasing the weight of the product it constitutes a fraud on the public and the manufacturer or vender who resorts to the practice is guilty of an offense under the law. The same is true when cheap foreign substances are added to sausage or any other product for the purpose of increasing the profits of the manufacturer or

retailer. While the added product does not harm the consumer it does compel him to pay for something that does not actually belong to the article purchased and which materially reduces the original cost of the butter, sausage or other article which has been adulterated. The laws which punish such practices are just and right.

It is not enough to keep dangerous adulterants out of the food of the people. When a housekeeper visits any business house in which food products or other articles of domestic utility or necessity are sold, she has a legal and moral right to the exact article she believes herself to be purchasing. To adulterate food products even in the most harmless manner is to cheat the purchaser, and it is the duty of the state to punish the dishonest dealer, even though the chief harm he does is confined to the pocketbooks of his patrons.

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Pack Up Your Cook Stove in Your Old Kit Bag and Hike! Hike! Hike!

Solid Alcohol Is Not Yet Prohibited—Use It Joyfully

GAS and electricity cannot be carried around with one in camp and field and bungalow very conveniently. We have portable lights, it is true, but not portable fuel of this kind. Here is where the solid alcohol stove comes in. In connection with the camp use of dried vegetables and rations for two in a bungalow, the following tested and approved models are of special interest. The other day we had an S O S for a dining room side table stove, for a summer place where there was only oil or alcohol available.

From these points of view the following appliances are of special interest just now:

Silver's Folding Fuel Stove
A two-burner steel wire frame, with sheet iron top, with two circu-



A 29-ounce stove in a state of collapse, occupying a space only 7x4 inches

lar openings and a criss-cross grate. A hinged windshield fits around three sides. The stove collapses so that it fills a space only 1 1/4 inches high, the other dimensions being 15 1/2 inches long, 7 inches deep and 5 1/2 inches high standing.

Made by Silver & Co., 304 to 314 Hewes Street, Brooklyn, N. Y.

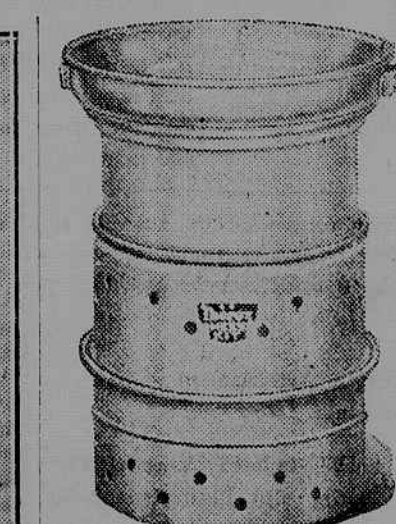
Therox Mess Kit, Fuel Burner and Blue Flame Stove

The little burner is a staggered brass container 8 inches in diameter holding one-quarter pound of solidified fuel which gives eighty-three



With the windshield on duty and two cans of solid alcohol at work, ham and eggs and hot coffee grow by any wayside

minutes of service, and boils a quart of water in ten minutes, uncovered. These square blocks of solidified alcohol gave 13 per cent more heat



When the collapsible stove is ready for work it is only 9 inches high

can be extended to support the cooking vessel. When extended it is 6 inches in diameter. Seven cubes or 10 cents' worth of heat give one and one-quarter hours of service.

The Mess Kit is the Father of the Family. It is a three-decked affair of aluminum, with two perforated supporting cylinders, two one-pint

Portable Cooking Heat That Does Not Spill Or Blow Up

boilers, a cup to hold the fuel, a combined spoon and lifter and a cover and can of fuel cubes. All this straps together into a package 6 1/2 inches by 3 1/2, weighing twenty-nine ounces. Ready for work, the stove is 9 inches high. Two cubes will boil a pint of coffee and heat a pint of soup to 130 degrees in ten minutes. This solid alcohol does not liquefy on burning and leaves practically no residue.

This is "storage battery" cookery! Not even a lamp socket is necessary. Just put this stove and fuel in your old kit bag and be off!

Made by the Therox Company, Woolworth Tower, New York City.

FOR further information concerning these or any other classes of tested household appliances apply to The Tribune Institute, Room 513, Tribune Building (or call Beekman 3000).

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